

## Relationships & me.

Let us look at you. How you see yourself. Complete the table below.

	Yes	Sometimes	No
I find it easy to make new friends.			
I am good at talking to people.			
I am useless at knowing what to say to people.			
I like making people laugh.			
I am a good listener.			
I cannot deal with conflict – I stay out of it.			
I cannot deal with conflict – I get angry.			
You can trust me – I am very reliable.			
I am good at making decisions.			
I am not lonely.			
I have many friends.			
I am useless at chatting someone up.			
I can keep a secret.			
I find it difficult to tell how someone is feeling.			
I like sharing my things with other people.			
I like to be on my own a lot of time.			
I do not trust many people.			

There are different kinds of relationships – friends, intimate, family & professional.

**Friends**

**Intimate**

**Family**

**Professional**

You may notice that some of these relationships may overlap with the same name in different boxes. However, some relationships cannot overlap. Discuss & complete below.

**Relationships that cannot overlap**

**Relationships that could overlap**